

Lightness – Part 1

When a computer is working, on what basis is it working? The computer is the might, but what is the basis of it? It is light, is it not? So, what is the basis of your power of silence? It is light, is it not? So through the element of light, with one light, they are able to experiment in many different ways, and put things into a practical form. So then, with the imperishable Godly light, and your light of the soul, and your practical stage of lightness, what can you not experiment with? You have the stage of being light, and your original form is also of light. So, when any of you wish to experiment, then check your main basis. Anyone who uses the tools of science will first of all check whether it has a light or not. In the same way, when you experiment with yoga, the powers, and the virtues, then first of all check whether there is the main basis, that is, whether there is the power of the soul, the Godly power, and the stage of lightness. When there is the double-light of the stage and the form, You will very easily attain success in your experiments. In order to make this practice powerful, first of all experiment on yourself, and then see. Every month, or every fortnight, experiment on yourself with one special virtue or power. Within a gathering, or in contact or relationship with others, test papers will come. First of all check - in your experiments on yourself, in whatever test-paper comes - to what extent you receive success with any virtue or power. And how

long does it take? The experiments of science are, day by day, moving forwards in making you experience the practical form quickly: they are taking less and less time. They receive a great deal of success in a little time. This is the aim of the scientists. In the same way, whatever your aim is, check how long it takes, and check the success.

Humility is the means of success in service. By being humble, you will remain light in service. If you are not humble, and you desire respect, there will then be a burden. Those who have a burden keep coming to a standstill: they cannot go fast. So, therefore, the sign of whether they are humble or not is their lightness. If you experience any burden, then understand that you are not humble. Those who are humble do not have any bossiness: they have spirituality. The Father comes with humility, so follow the father in this. If there is the slightest bossiness in service, then that service finishes. Father Brahma made himself so low - he served with such humility - that he was ready to massage the children's feet: "the children are ahead of me... children can give better lectures than I can". He never said "I am first", but "the children are ahead... the children are first... the children are greater...". To make the self low in this way is not really bringing yourself down, but rather is raising yourself higher. This is known as being a true number-one server.

The main thing that everyone has to think about is: never allow your old sanskars to emerge. You have to finish them in thoughts. If these thoughts do emerge, do not give space or sustain them. Finish the thoughts, whilst they are still in thought form. The finally your old sanskars will not emerge, even in your thoughts. Each ones nature is, of course, different. But what do you have to imbibe to be free from the influence of your own nature? A nature of easiness, lightness and simplicity. To the extent that your intellect, your vision, and your words are simple, light and easy, you will be liberated from conflict with your nature.

At present, what is the special aim that remains in front of you? You cannot become deities without becoming angels. So, your aim is to become an angel. The perfect form of the confluence age is an angel who will become a deity. You know the definition of an angel. An angel means one who is light in relationships, sanskars, and thoughts in the old world. An angel means not just to be light in your old sanskars, nature and the world, but to have lightness while coming into relationship with everyone, and with everyone's nature and sanskars. What is the sign of this lightness? Those angelic souls have love for everyone - not just

love for some, but love for all, just as for the Father. Such an angel is loved by everyone.

The one word “light” includes two aspects, lightness and brightness: to be the form of light (jyoti), to be the form of an intense fire, and then to be light and subtle. The task is also included in this: to be a lighthouse. The form is included in light, and the task is also included. In order for you to have awareness of both of these , the sign of this tilak is being applied. You should have intoxication when you see the sign.

Because you are knowledgeable, you are able to recognise all the different forms of Maya. Kumars are constantly powerful. The life of a kumar is one of liberation. So constantly move forward, and enable others to move forward. Kumars should constantly dance in happiness, and constantly sing of their wonderful life and fortune. Through service and remembrance, constantly fill yourselves with power. The life of a kumar is one of lightness. You have been saved from being tied in innumerable bonds. So always see yourself as double light, and continue to fly.

The foreheads of the fortunate children are constantly sparkling with spiritual light to the extent that your fortune is elevated. Other visible signs are a divine smile on the face, and eyes which create waves of happiness within whoever you meet - whoever receives your vision will experience lightness and spirituality and remembrance of the spiritual Father - they will experience light.

Baba comes for a faraway land to teach you. Become tireless servers like the Father. Whatever you do, always experience that Karavanhar (the One who makes you do it) is enabling you to do it - is making you an instrument, karanhar (the one who does it) for the sake of service. You are not alone. The burden is on the master, not on his companions. The Master makes the child do it - this makes you light and makes you fly. The fruit of elevated karma is constant happiness and constant lightness - you will continually experience the angelic life. Angels come into the relationship of karma, but do not become tied in the bondage of karma. They are constantly humble in carrying out the task of re-creation.

You are an instrument for service. Be an instrument, and constantly continue to move forward in service. Where there is the consciousness of being an instrument, and there isn't any

consciousness of “I”, there will constantly be progress. This feeling of being an instrument automatically awakens good wishes and pure feelings. The reason why there aren't good wishes and pure feelings in the world today is that, instead of being an instrument, there is the consciousness of “I”. If they considered themselves to be instruments, they would also understand the Karavanhar Father. Karankaravanhar Swami(the Lord who acts and inspires others to act) will always inspire you to do that which is elevated. Instead of being trustees, they have become householders of the kingdom. There is a burden in being a householder, and lightness in being a trustee. Unless you become light, you cannot have decision-making power. If you are a trustee, you are light, and your decision-making power is also elevated. Therefore, always be a trustee. The consciousness of being an instrument is fruitful. You definitely receive the fruit of this awareness. This feeling of being an instrument will always continue to give you elevated fruit. Therefore, remind all your companions to have the consciousness of being an instrument and a trustee. These principles of the kingdom will become the elevated principles for the whole world. The whole world will copy the principles of the Government of Bharat. However, the basis of this is the consciousness of being a trustee, that is, of being an instrument.

Everyone has made very good effort. BapDada congratulates the children who have served day and night in this task. Those who have renunciation automatically receive immediate fortune in the forms of lightness and happiness - from these signs each one can check their own result.

When you hear of anything, what emerges in your heart? “Wah drama wah!”: the words “oh, drama, oh!” do not emerge, but “Wah drama!”. Whilst saying “wah, wah”, everyone has to become “wah, wah”. You have to overcome all this. It happens like this does it not? You like it, do you not? You do not feel it to be a burden, do you? No matter how heavy it is, you remain light. That comes with a burden, and you remain light. You transform the burden into lightness. Whilst saying that everything is good, you have to become the best of all. Everything is good.

Lightness – Part 2

All of you are easy yogis, aren't you! To remember all relationships means to become a natural easy yogi. If there is a relationship, it is easy. To remember that "I, the soul, am an easy yogi" means that all problems finish, because to be a natural easy yogi means to have Baba's company constantly. Where there is the companionship of the Father - the Almighty Authority - there is also the experience of all powers. And so the problem changes form, and becomes the solution. Then Baba understands the problem, and is responsible for it. With the right of relationships, the problem finishes. So, no longer the thought: "What can I do?" Baba knows what to do; he knows about the problem. "I am the one who is detached and loved by Baba, and so the whole burden belongs to him": then you become light. When you yourself become light everything else also becomes light. If there is the slightest worry, then there is heaviness, and everything else also becomes heavy. And so let the soul be light - detached - and then there is lightness in everything. This is the method, and with this method, success is achieved. And then, too, even as the accounts of the past are being settled, there is no experience of burden. You will be the detached observer,

watching how the accounts of before are finishing. By being the observer, there is the power to see the present. Like that, you can see that more is being accumulated, and the old is also being settled. With the power of what is being accumulated, there is no burden of what is being settled. So, constantly remember the present. If one side becomes heavy, then the other side automatically becomes light. And so, if the present is heavy, then the other side automatically becomes light. And so if the present is heavy, the past becomes light. So always maintain the consciousness of the present attainment, and everything else will become light. The method of lightening the account of the past is to make the present powerful. The present is powerful, and by always keeping the attainment of “now” in front of you, everything will become easy. Then the past will change from a crucifix into a tiny thorn. There will no longer be the questions: “What is it?”, “Why is it like this?”. It is the past. And so, what is the purpose of seeing the past? If there is love, then the obstacle does not seem heavy: it just seems like a game. With the blessings and the medicine of the happiness of the present, all accounts can be settled.

It is the thought of all the maharathis that something new should happen now. So, now, you will continue to see such new wonders. However, for this, there has to be great lightness: there should be no type of burden on your intellects. And secondly,

your timetable for the whole day should be like that of the father. Then, like Father Brahma, you will be able to experience the scene at the end, as he experienced in the beginning. Do you understand?

The speed of a subtle body is faster than the fastest instruments of this world. Within one moment, an experience can be given to many, so that all will say that they saw Baba or met Baba. Each one will consider that he celebrated a meeting, had a heart to heart conversation, and received help. So the life of an angel is free from bondage. Although there is the bondage of service, the speed is so fast that, no matter how much you do, you are constantly free. The greater the love, the greater the detachment. Baba inspires everyone, but while inspiring them, because he is a bodiless angel, he has the constant experience of a stage of freedom, because he does not depend on the body or bodily actions. All of you also have this experience that when you perform any task in the form of an angel, that is, of being free from bondage, you experience lightness.

Just as Father Brahma became an instrument, so you too are all instruments. So, all of you should follow Brahma Baba. He had the balance of both responsibility and lightness. Follow the Father in the same way. The slogan for the teachers is: "Follow

the Father". If you are not following the Father then you are not a successful teacher.

If there is equality and balance of household business and Godly business, then there will be lightness. If the word "household" is used then the consciousness becomes that of a householder, and there is the game of giving excuses: the words "if" and "but" are used a great deal and you even begin to teach Baba a lesson, saying "you know we have to do this" and "this is how it is!". Become a trustee, not a householder, and excuses finish, and the game of upliftment begins.

Because of giving a donation of virtues through actions, what do you become an embodiment of? An angel: by performing actions - that is, by donating virtues - their faces and behaviour will both be like those of an angel. There will be the light of both types. That is, there will be the sparkling light, and also lightness. Whatever steps they take will be light. They will not experience any burden, but it will be as though a power is making them move. They will experience help in every action. They will experience receiving blessings from everyone in their every action. Secondly, those who become great donors through their actions experience the attainment of all blessings in their life, because of being worthy of receiving blessings from everyone:

not through making effort, but in the form of a blessing. So those who give a donation through their actions will firstly be seen as angels, and, secondly, they will experience themselves to be an embodiment of all blessings.

There is benefit for those who observe the law - whether there is benefit externally or not, there is inner lightness and inner happiness. Whether others say anything good or not, you receive the power to become good. Transform yourself. Do not worry about transforming others - just have good wishes for them. First of all there has to be the self, and together with the self, others. This is BapDada's love from the heart for the children - he cannot bear to see the weakness of those he loves, but wishes to see you complete, equal, and elevated, the image of success.

The sign of an angel is to be loved by all - whoever sees you, meets or comes into connection or relationship with you, experiences that you belong to them, just as everyone experiences the Father to belong to them. You have this experience do you not? Your lightness makes you loved by everyone. The whole Brahmin family should feel that you belong to them. An angel is unlimited in thoughts, words, actions, and relationships. There should be no limitations. Everyone is mine, and I belong to everyone. Where there is a feeling of belonging,

there is lightness. So check to what percentage you have reached the angelic stage.

The angel is the image of divinity. Innumerable bhagats have intense desire for divine visions. You will be revealed as the images of divinity in front of them, and they will shower the flowers of praise on you. This powerful stage enables souls, for a short period of time, to receive power, in proportion to their love, which will even liberate them from some sins, and enable them to experience lightness.

The closer you come to the angelic stage, the more the feet(intellect) will remain above the awareness of the body, of earth. If they do not remain above, but on the ground, then you should understand that there is a burden. Anything that has a burden(weight) cannot remain up above. If there isn't lightness, but a burden, your feet will repeatedly return to the ground-like body, and you will not become an angel: that is, you will not be light.

Have the injection of being an embodiment of remembrance, the awareness of the body will disappear. You will experience yourself to be a form of light, and others will also experience this

form of yours. This is the final service. Through this, all your business and activity will be light - that is, there will be lightness. There is the saying: "Even a mountain becomes like a mustard seed". So, too, by your stabilising in the form of light, all your business will become light. You will not even need to use your intellect very much. You do not have to use your intellect for anything that is light.

Lightness – Part 3

Nowadays, what desire do the majority of souls have? (“to attain peace and happiness”) Of course, they desire to have peace and happiness, but what do the devotee souls in particular desire? The desire of the majority of devotees is to see light for even a second. How will you fulfil that desire? The eyes of Brahmins are the means to fulfil that desire. Through your eyes, they should be able to have a vision of the form of light of the Father. Your eyes will not be visible as eyes, but they will be seen as globes of light. Just as you see the sparkling stars in the sky, in the same way, your eyes will be like sparkling stars. However, this will only be visible when you stabilise yourself in the form of light. You should be light in your actions: that is, there should be lightness; your form should be of lightness, and your stage should also be light. When the special souls make such effort, and have such a stage, and are embodiments of remembrance, then, on seeing you special souls, all effort-makers will also make such effort. While performing actions, check again and again: “Am I light in my actions?”; “Do I have any burden of actions?” The burden of action will pull you towards itself. If you do not experience any burden in your actions, then you will not be

pulled by that but there will be transformation in your karma yoga. So, this method and form of celebrating the year of revelation is in everyone's intellect, is it not? You have made such a plan, have you not? You saw how Baba - in the sakar form - performed a great deal of action, was involved with the expansion, was entertaining, and had contacts and relationships, and to the same extent was completely detached while having those contacts and relationships. Just as it is easy to interact and have relationships with others, so it should be just as easy to be detached. This practice is needed. At one moment it will be the extreme, and the next it will be the end. This is the effort for the last year and the last stage. Make such a plan. Rehearse this, and perform this drill. Perform the drill: going into the extreme, and then the end. At one moment be in a close relationship, and the next moment be just as detached as you were in connection, as though merged in a lighthouse. A "lighthouse" means your home of light. One minute be on the field of action and the next minute be in the supreme abode.

Nowadays, doctors ask people to reduce their physical grossness - that is, to lose weight, to become lighter. In the same way, Brahmin souls have to remove the burdens of weight - that is, gross intellects - and become those with subtle intellects. This is the special transformation that is needed at the present time. Only then will you become the angels of the Court of Indra. What

is the elevated method to remove grossness? Precaution in diet and exercise. When precautions are taken, the quantity is fixed as well. In the same way, let there be the exercise of the intellect becoming bodiless again and again. Thoughts are food for the intellect, so let there be precaution in that. Whichever food of thought is required - whenever it is required - only accept that at that time. Do not take extra food of waste thoughts. So there should be the precaution of not taking the food of waste thoughts. Self-control is needed for this precaution. Otherwise, you will not be able to have complete precaution. Self-control means wherever and whenever you need to apply your intellect, you should be able to apply it. Only then will you become those with refined intellects. Refinement is greatness. Just as - in terms of the body - having a light weight is considered to be a good personality, in the same way, refinement of the intellect and lightness of the soul is the personality of Brahmin life. So, what do you have to do now? Finish the many varieties of grossness. Baba will speak about the details of grossness at another time - about what the different varieties of grossness are. There are also many different varieties of burden, and Baba will tell you the details of those at another time. So what is the news of today's drill? Heaviness of burdens: aim to finish these and become an angel - that is, make yourself light.

To be an angel is to be double light - to experience lightness, to remain light throughout the day in your nature, sanskars, and relationships. The sign of being light is that you will constantly be loved by everyone. You will be loving to everyone, and detached from them. Your actions will transform others. You should be liked by everyone - if they don't recognise you, then give them your recognition through your own will power. For this you need the power to tolerate.

An angel is double-light. So, to what extent did you have awareness of being the original form of light? As well as having this lightness, to what extent did you experience lightness in the effort of transforming the self? In transforming the mind - that is, the power of thought - from wasteful to powerful, to what extent did you remain successful in making the burden of waste light? In the same way, to what extent did you remain light in transforming the wasteful time, wasteful company, and any atmosphere of waste? To what extent did you remain light in relation to the Brahmin family, and in terms of service? This is known as "the angelic stage of a fast speed".

"These are my sanskars": the words "my sanskars" should be erased. Where did "my sanskars" come from? You have to surrender yourself to such an extent that even your nature

changes. When the nature of all of you changes, your images will become angelic. What are the images of the perfect stage of the confluence age? What is the speciality of angels? There is total lightness, and, because of that lightness, they can adapt their stage to any circumstance. So, the main speciality of angels is that they remain light in all aspects: light in thoughts, light in speech, light in actions, and light in relationships. Where there is lightness in these four aspects, then that is the stage of an angel.

Constantly consider yourselves to be double-light, and continue to do service. The lighter you remain, the more lightness there will be in service, and the more lightness there is in service, the more easily all of you will fly and make others fly. Do service while being doublelight. To do service while staying in remembrance is the basis of success. You definitely receive the instant fruit of that service.

Faith brings lightness, certainty, and spiritual intoxication, to the self, and to others through influence. The soul has the feeling of being an instrument in every activity, and so is humble, and creative. Language will be sweet and generous, keeping others ahead. Through generosity and humility, the soul automatically receives whatever the heart desires. The soul who says “you

first” will be put in front by others. They will be content, and will benefit everyone. Faith is the foundation.

The moment you maintain courage, Maya starts to oppose you. So you have to have courage in advance. You have to take a high jump. You will need lightness internally and externally, to be able to take a high jump. You have to be so light that you are able to mix wherever you go. You have to be able to face every situation.

Constantly let there be lightness and easiness in your nature. Let words be light and easy. Let your actions be filled with lightness and easiness also. And so be the embodiment of lightness and easiness in this way. By constantly following the instructions of One, by experiencing all relationships with One, by claiming all benefits from One, you will be able to practise - and easily maintain - the stage of being constantly stable.

In Brahmin life, situations come up through other people, through nature, or through Maya. But the power of the stage of the original self finishes the influence of any situation as though it were just an entertaining scene that appeared in front of you and went away. There should be no upheaval in your thoughts. Remembrance should be easy and powerful. Remembrance

becomes a fire that burns, or transforms, and it also gives you the experience of happiness and lightness. Such powerful remembrance, according to the right method, is called accurate remembrance.